

PLEASANT VIEW SENIOR NEWS

EAST LONGMEADOW COUNCIL ON AGING
328 NORTH MAIN STREET
EAST LONGMEADOW, MA 01028-1870
CAROLYN F. BRENNAN, DIRECTOR



MON - FRI, 8:00 A.M. - 4:00 P.M.
WWW.EASTLONGMEADOWMA.GOV
PHONE: 525-5436 FAX: 526-9746

INFORMATION AND EVENTS

Meals On Wheels
so no senior goes hungry.

CARE YOU CAN COUNT ON: will be presented by Zoraida Fontanez of Fallon Health on **FRI, MAY 6 @ 10:30 AM.** This "Program of All-Inclusive Care for the Elderly (PACE®) model is centered on the belief that it is better for the well-being of seniors with chronic care needs and their families to be served in the community whenever possible. *Please sign up.*

VOICES AND VISIONS from the Harold Grinspoon Foundation, continues here on the **2nd & 4th THUR** of each month at **2:00 PM.** Join us for a lively discussion exploring quotes and artwork from Jewish authors and graphic artists. Study Guides are provided. **MAY 12 and MAY 26.**

"STOPPING FOR DIRECTIONS" Stop by for Car-Fit, to have your drivers license renewed, hear pre-

senters and more on **FRI, MAY 20 @ 12:00 PM.** Call 525-5436 to register for Car-Fit by **MAY 17th** (16 slots available). License renewals are first-come, first-served for ages 55 - 74. *Refreshments will be provided by Glenmeadow.*

EAT HEALTHY, BE ACTIVE Workshop developed by the Dept. of Health and Human Services, will be held on **six MON's at 1:00 PM,** beginning **MAY 23** (no class 5/30 or 7/4.) Fee is \$10 and pre-registration is necessary. *Space is limited.* Call Lissa @ 525-5436, ext, 1407.

PROGRAM OF ALL-INCLUSIVE CARE FOR THE ELDERLY: Please join us at on **FRI, MAY 27 @ 10:30 AM** as Celina Conway of Mercy LIFE, a PACE® program, explains how tightly coordinated care and support can help seniors

continue to live safely at home and avoid moving into a nursing home. You might be pleasantly surprised to learn who qualifies. *Call 525-5436 to sign up.*

CELEBRATION OF LIFE EVENT: This is a time for us to remember friends and loved ones who have passed. There will be time for you to share if you wish to do so, as well as music and a reading from COA staff. If you would like to bring something that reminds you of your friend or loved one please feel free to do so. We will be gathering on **FRI, MAY 27 @ 2:00 PM.**

FARMERS MARKET OPENS at the Pleasant View Senior Center on **FRI, JUN 10** from **10:00 AM - 2:00 PM,** and will continue each **FRI** through **OCT 7.** Interested in being a vendor? Call us!

OUTREACH - JANICE MICHAELIS, B.S, MONDAY - FRIDAY, 8 AM TO 4 PM, 525-5424
JANICE.MICHAELIS@EASTLONGMEADOWMA.GOV

ARE YOU ELIGIBLE FOR SPECIALIZED TELEPHONE EQUIPMENT? To be eligible, you must meet the following criteria:

1. Massachusetts resident with access to residential telephone ser-

vice.

2. Provide proof of telephone service
3. You must have a disability certified by one of the following commissions: Commission for

the Deaf & Hard of Hearing (deaf, hard of hearing, speech or cognitive disability); Commission for the Blind. Applications are available at the Council on Aging office.

ACTIVITIES AND EVENTS

TWO TOWN TROLLEY 525-5412

FRIENDSHIP CLUB DATES:

THUR, MAY 5 - \$5 BINGO

THUR, MAY 12 - Kentucky Derby

THUR, MAY 19 - 90th Birthday

Party w/entertainer Zack Danziger;
dessert sponsored by Bluebird Estates

THUR, MAY 26 - \$5 BINGO

TUESDAY MOVIE MATINEE:

Movies include a 10-minute intermission with refreshments. *Movies are subject to availability.*

MAY 3: *Magic of Belle Isle*, PG, 2012, 1h 49m

MAY 10: *Dolphin Tale*, PG, 2011, 1h 52m

MAY 17: *Larry Crowne*, PG-13, 2011, 1h 38m

MAY 24: *The Roughnecks*, TV-PG, 2014, 1h 36m

MAY 31: *The Sisterhood of the Traveling Pants*, PG, 2005, 1h 58m

DOCUMENTARY SERIES: This month series is entitled *Planet Earth*. Shown each MON @ 12:45 PM.

MAY 2: *Fresh Water*, 49m

MAY 9: *Mountains*, 47m

MAY 16: *Great Plains*, 48m

MAY 23: *Jungles*, 49m

MAKE YOUR OWN JEWELRY:

Mother's Day, college commencements, and high school graduations are all coming up! Make a beautiful gift for every occasion when Sandy Merrill comes to the Senior Center

on MON, MAY 2 @ 9:30 AM.

Cost is \$3, supplies extra.

GLASS FUSING WORKSHOP:

Artist Sherry Coulis will instruct and help you with design layout as you create a **Nightlight** on MON, MAY 16 @ 11:00 AM. She will "fire" your project for pick-up the following week. **Cost is \$25.**

Please call 525-5436 to sign up.

DEMENTIA SUPPORT GROUP:

WED, MAY 4 and WED, MAY 18 @ 3:15 PM.

ICE CREAM SOCIAL: Sponsored by Jewish Geriatric Services on FRI, MAY 13 @ 12:30 PM.

ZUMBA FITNESS/TONING:

Are you looking for ways to exercise and be active, but you want to have fun at the same time? If so, then this is the class for you! Every MON from 4:15 PM to 5:30. Just show up! \$5 per class.

PICKLEBALL: Begins this month at the Community Life Center, 50 Parker St. in East Longmeadow on WED @ 11:30 AM. Go on over and try it out for fun and fitness!

NINTENDO Wii: We play Wii sports every WED @ the Senior Center at 2:30 PM following Chair Volleyball. Come join us!

HEALTHY LIVING FOR YOUR

BRAIN AND BODY will be presented by Marcia McKenzie of the Alzheimer's Association on FRI, MAY 13 @ 10:30 AM. Please call 525-5436 to sign up.

COMPASSION & KINDNESS

PROJECT for MAY will be "Bibs for Vets" who reside at the Holyoke Soldiers Home. If you are interested in being a part of this endeavor, we meet the second FRI of each month at 1:00 PM. MAY 13

ONE MILE WALK CHALLENGE

MCOA is having its 2nd annual "Go the Distance" statewide walking challenge. Be sure to join us on WED, JUN 8 at the Rail Trail, Maple Rd. entrance at 8:00 AM for a one-mile walk challenge! Register by MAY 27 in the COA office. Once you complete the walk on JUN 8, you will be entered in a statewide raffle for a prize! For questions, please contact Alica Smith @ 525-5436, ext, 1406.

MEMORIAL DONATIONS:

Thank you for remembering us in memory of: Mildred Austin by Sylvia Cook; David Pond by Pat & Janet Colca; Audrey Bonacker, Millie Beers by Lorraine Gaudette; Jessie Giannetti by Morning Glory Walkers, Anne & Steve Kellner, Pauline Santanello, Gerald Sartori, ELHS Staff

Sunshine Club, Linda & Tom Potito Janine Covalli, Joan and Bruce Knight.

DAVID G. CARLSON

ATTORNEY AT LAW

Estate Planning • Wills & Trusts • Probate of Estates
Elder Issues

200 NORTH MAIN STREET • SUITE 6

EAST LONGMEADOW, MA 01028

Tel. (413) 525-1313 Fax (413) 525-7272

HAMPDEN HEARING CENTER

200 North Main Street • North Building • Suite 103

East Longmeadow, MA 01028

413-525-7979

www.hampdenhearing.com

WEEKLY PROGRAMS

Art Class: FRI 10 AM - 12:30 PM, with artist / instructor Jeff Kern \$15.

Arthritis Foundation Exercise Program: M, W, F 8:30 AM; M, TH 10:45 AM. \$1 class (30 minutes of Floor Exercise each FRI 9:30 AM.)

Baystate Deaf Seniors: WED 10:00 AM.

Bean Bag Baseball: FRI 9:30 AM.

Bosu Balance Class: TUE 8:30; WED 10:05 AM; THUR 8:30 & 9:30 AM. \$1/class.

Canasta: WED 2 PM & THUR 12:30 PM

Chair Exercise: MON/WED 9:00 AM; FRI 8:45 AM. \$3/month or 50 cents per class.

Chair Volleyball: WED 1:00 PM.

Computer Class: WED 1:00 PM.

Cribbage: WED & FRI 10:00 AM.

Documentary: Every MON in the Media Room 12:45 PM. See page 2 for more information.

French Club: WED 11:00 AM.

Friendship Club: Entertainment, speakers, Regular Bingo or \$5 Bingo. THUR 12:30 PM, see page 2

Line Dancing Class: FRI 4:00 PM, \$3.

Mah Jongg: TUE 12:30 PM.

Morning Glory Walkers: MON/WED/FRI 8 AM. Meeting 2nd MON each month 9:00 AM.

Movie Matinee: TUE 12:45 PM; (movies listed on p. 2) Includes intermission w/refreshments.

Needlework: FRI 1:00 PM.

Pitch: MON 12:30 PM at Senior Center.

Strength & Cardio: MON & WED 9:30 AM \$.50

Tai Chi: TUE 9:00 AM. First Cong. Church.

Tai Chi for Arthritis: TUE 9:30 AM (Level 2); 10:30 AM (Level 1). Sponsored by Redstone Rehab.

Trivia Club: THUR 10:00 AM.

Veterans Agent: TUE & THUR 10:00 AM - 12:30 PM. John Comerford, 413-267-4140.

Wii Sports: WED 2:30 PM

Zumba Fitness & Toning: MON 4:15 PM, \$5.

MONTHLY PROGRAMS

Better Hearing Clinic: Free screenings by Baystate Hearing Aid Center, 3rd WED. MAY 18.

Book Club: Last TUE of the month 10:30 AM, Brooklyn by Colm Toibin. MAY 31.

Creative Coloring: 1st & 3rd THUR 2:00 PM. MAY 5 & MAY 19. Bring your own supplies or use ours.

Dementia Support: 1st & 3rd WED 3:15 PM. MAY 4 & MAY 18.

Footcare/Pedicure: 2nd TUE each month/appt. Call 525-5436 for appt. \$29. MAY 10.

Happiness Project: 1st WED 11:00 AM. MAY 4.

Health Clinic: 1st FRI of the month from 8 - 9 AM, sponsored by Interim HealthCare, walk-in. MAY 6.

Jewelry Class: 1st MON each month w/Sandy Merrill, 9:30 AM. Cost is \$3 plus materials. MAY 2.

Legal Consults: 3rd TUE. MAY 17

Manicures: 10 AM - 3 PM every other THUR, Call Cathy Rasid, 413-335-7422. MAY 5 & 19.

Massage Therapy: 2nd & 4th MON, by appt. Free. 413-348-8370. MAY 9 & 23.

State Rep. Visits: Eric Lesser, 3rd THUR 11:00 AM, MAY 19; Brian Ashe, 4th THURS 11:00 AM. MAY 26.

Voices and Visions: 2nd & 4th THUR @ 2:00 PM. MAY 12, MAY 26.

ONGOING PROGRAMS

Billiards: 8 AM - 4 PM MON - FRI. Instruction offered THURS 10:00 AM.

Bocce: Courts open to residents 8 AM - 4 PM, MON - FRI, spring - fall. Group play WED 10:00 AM


Blood Pressure: Call Lissa @ 525-5436, ext. 1407 for appt.

Fitness Center: Open MON - FRI 8:00 AM - 4:00 PM. Treadmills, elliptical machine, recumbent bikes, and a weight station. Medical clearance required. 20 visits/\$10 (E.L. residents); \$15 non-residents. Age 90+, no charge.

Please reserve lunch 24 hours
in advance, call 525-5436.
Served 12 noon. \$2.50

MAY 2016

To reserve PVTa van, call 739-
7436. \$2.50 each zone/20 ticket
pack \$47.50, sold in our office.
Two Town Trolley 525-5412

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Cheese Tortellini in Meat Sauce 8:00 Walkers 8:30 Arthritis Exercise 9:00 Chair Exercise 9:30 Make Your Own Jewelry 9:30 Strength & Cardio 10:45 Arthritis Exercise 12:30 Pitch 12:45 Documentary, see p. 2 1:00 A Matter of Balance 4:15 Zumba Fitness/Toning \$5 Container Recycle	3 BBQ Baked Chicken 8:30 Bosu Balance 9:30 Arthritis Tai Chi, Level 2 10:30 Arthritis Tai Chi, Level 1 12:30 Mah Jongg 12:45 Movie - <i>Magic of Belle Isle</i> , PG, 2012, 1h 49m	4 Beef & Broccoli 8:00 Rail Trail Walk (Maple Rd.) 8:30 Arthritis Exercise 9:00 Chair Exercise 9:30 Strength & Cardio 10:00 Cribbage 10:00 Deaf Seniors 10:05 Bosu Balance 11:00 The Happiness Project 11:00 French 11:30 Pickelball at CLC, 50 Parker St. 1:00 Chair Volleyball 1:00 Computer Instruction 2:00 Canasta 2:30 Wii Sports 3:15 Dementia Support	5 Potato Crusted Pollock Manicures by appt. 8:30 Bosu Balance 9:30 Bosu Balance 10:00 Trivia 10:00 Billiards Instruction 10:45 Arthritis Exercise 12:30 FC - \$5 Bingo 12:30 Canasta 2:00 Creative Coloring	6 Shepherds Pie 8:00 Walk-in Health Clinic 8:00 Walkers 8:30 Arthritis & Floor Exercise 8:45 Chair Exercise 9:30 Bean Bag Baseball 10:00 Art Class \$15 10:00 Cribbage 10:30 Care You Can Count On 1:00 Dominoes 1:00 Needlework 4:00 Line Dancing Class \$3
9 Low sodium Hot Dog 8:00 Walkers 8:30 Arthritis Exercise 9:00 MGW Meeting 9:00 Chair Exercise 9:30 Strength & Cardio 10:00 - 2:00 Free Massage 10:45 Arthritis Exercise 12:30 Pitch 12:45 Documentary, see p. 2 1:00 A Matter of Balance 4:15 Zumba Fitness/Toning \$5 Paper Recycle	10 Asian Stir Fry Footcare/Pedicure/Appt. \$29 8:30 Bosu Balance 9:30 Arthritis Tai Chi, Level 2 10:30 Arthritis Tai Chi, Level 1 12:30 Mah Jongg 12:45 Movie - <i>Dolphin Tale</i> , PG, 2011 1h 52m	11 Eggplant Parmesan 8:00 Rail Trail Walk (Maple Rd.) 8:30 Arthritis Exercise 9:00 Chair Exercise 9:30 Strength & Cardio 10:00 Cribbage 10:00 Deaf Seniors 10:05 Bosu Balance 11:00 French 11:30 Pickelball at CLC, 50 Parker St. 1:00 Chair Volleyball 1:00 Computer Instruction 2:00 Canasta 2:30 Wii Sports	12 Chicken Cordon Bleu 8:30 Bosu Balance 9:30 Bosu Balance 10:00 Trivia 10:00 Billiards Instruction 10:45 Arthritis Exercise 12:30 Canasta 12:30 Bridge 12:30 FC - Kentucky Derby 2:00 Voices and Vision	13 Tuna Melt Sandwich 8:00 Walkers 8:30 Arthritis & Floor Exercise 8:45 Chair Exercise 9:30 Bean Bag Baseball 10:00 Art Class \$15 10:00 Cribbage 10:30 Healthy Living for Your Brain and Body 12:30 Ice Cream Social by Jewish Geriatric Services 1:00 Dominoes 1:00 Needlework 1:00 "Bibs for Vets" 4:00 Line Dancing Class \$3
16 Stuffed Shells w/ mini Meatballs 8:00 Walkers 8:30 Arthritis Exercise 9:00 Chair Exercise 9:30 Strength & Cardio 10:00 - 2:00 Free Massage 10:45 Arthritis Exercise 11:00 Glass Fusing Class w/ Sherry Coulis \$25 12:30 Pitch 12:45 Documentary, see p. 2 4:15 Zumba Fitness/Toning \$5 Container Recycle	17 Turkey Pot Pie 8:30 Bosu Balance 9:30 Arthritis Tai Chi, Level 2 10:30 Arthritis Tai Chi, Level 1 12:30 Mah Jongg 12:45 Movie - <i>Larry Crowne</i> , PG13, 2011, 1h 38m 1:00 Free Legal Consults w/ Dave Carlson by appt.	18 Baked Salmon Filet 8:00 Rail Trail Walk (Maple Rd.) 8:30 Arthritis Exercise 9:00 Chair Exercise 9:30 Strength & Cardio 10:00 Cribbage 10:00 Deaf Seniors 10:05 Bosu Balance 11:00 French 11:30 Pickelball at CLC, 50 Parker St. 1:00 Chair Volleyball 1:00 Computer Instruction 2:00 Canasta 2:30 Wii Sports 3:15 Dementia Support	19 Meatloaf w/Gravy Manicures by appt. 8:30 Bosu Balance 9:30 Bosu Balance 10:00 Trivia 10:00 Billiards Instruction 10:45 Arthritis Exercise 11:00 Eric Lesser rep visit 12:30 FC - 90+ Birthdays w/ Zack Danziger 12:30 Canasta 2:00 Creative Coloring	20 No-Crust Quiche 8:00 Walkers 8:30 Arthritis & Floor Exercise 8:45 Chair Exercise 9:30 Bean Bag Baseball 10:00 Art Class \$15 10:00 Cribbage 12:00 Stopping for Directions 1:00 Dominoes 1:00 Needlework 4:00 Line Dancing Class \$3
23 Meat & Vegetable Calzone 8:00 Walkers 8:30 Arthritis Exercise 9:00 MGW Meeting 9:00 Chair Exercise 9:30 Strength & Cardio 10:00 - 2:00 Free Massage 10:45 Arthritis Exercise 12:30 Pitch 12:45 Documentary, see p. 2 1:00 Eat Healthy, Be Active 4:15 Zumba Fitness/Toning \$5 Paper Recycle	24 Fish Florentine 8:30 Bosu Balance 9:30 Arthritis Tai Chi, Level 2 10:30 Arthritis Tai Chi, Level 1 12:30 Mah Jongg 12:45 Movie - <i>The Roughnecks</i> , TV-PG, 2014, 1h 36m	25 Hearty Beef Stew 8:00 Rail Trail Walk (Maple Rd.) 8:30 Arthritis Exercise 9:00 Chair Exercise 9:30 Strength & Cardio 10:00 Cribbage 10:00 Deaf Seniors 10:05 Bosu Balance 11:00 French 11:30 Pickelball at CLC, 50 Parker St. 1:00 Chair Volleyball 1:00 Computer Instruction 2:00 Canasta 2:30 Wii Sports	26 Chicken Breast Piccata 8:30 Bosu Balance 9:30 Bosu Balance 10:00 Trivia 10:00 Billiards Instruction 10:45 Arthritis Exercise 11:00 Brian Ashe rep visit 12:30 FC - \$5 Bingo 12:30 Canasta 2:00 Voices and Vision	27 Jellied BBQ Meatball 8:00 Walkers 8:30 Arthritis & Floor Exercise 8:45 Chair Exercise 9:30 Bean Bag Baseball 10:00 Art Class \$15 10:00 Cribbage 10:30 PACE® Program 1:00 Dominoes 1:00 Needlework 2:00 Celebration of Life Even 4:00 Line Dancing Class \$3
30 CLOSED  Container Recycle	31 Reuben Sandwich 8:30 Bosu Balance 9:30 Arthritis Tai Chi, Level 2 10:30 Arthritis Tai Chi, Level 1 10:30 Book Club, "Brooklyn" by Colm Toibin 12:30 Mah Jongg 12:45 Movie - <i>The Sisterhood of the Traveling Pants</i> , PG, 2005, 1h 58m	Menu subject to change ****Indicates high sodium 1% milk served daily	<div> Wealth Preservation Group, Inc John G. Dew President Working to Preserve Your Wealth "How to Protect Your Assets from Nursing Home Costs Even Without Long Term Care Insurance" Call for your Free Report Today 1-800-679-1771 </div>	